

CASE STUDY

UltraGlycemX™

NUTRITIONAL SUPPORT FOR DYSGLYCEMIA

NUTRITIONAL SUPPORT USING ULTRAGLYCEM™ MEDICAL FOOD IN A PATIENT WITH METABOLIC SYNDROME

Purpose

To show how nutritional support with UltraGlycemX medical food and dietary intervention may be useful in some patients with Metabolic Syndrome (also called Syndrome X or insulin resistance syndrome).

Patient's Presentation and History

A 53-year-old white female presented with fatigue and a gradual weight gain, which led to a 35 lb. increase over the last 8 years. She had tried a variety of weight loss programs with only temporary success. She exercised sporadically, craved sweets, and experienced a slump in energy in the mid-afternoon requiring her to nap. Her high blood pressure was controlled with medication (benazepril) and she reported no non-prescriptive medications or nutritional supplements. She had a family history of hypertension, hypothyroidism, and environmental sensitivities.

Patient's Objective Information

- Initial MSQ* score was elevated at 47
- Laboratory assessment showed elevated triglycerides and elevated 2-h postprandial insulin
- She was obese and had borderline elevated diastolic blood pressure (120/86)

Plan

The patient was placed on:

- UltraGlycemX, 2 scoops bid
- Fish oil supplement (600 mg EPA, 400 mg DHA), 2 capsules bid
- A low-glycemic-index dietary eating plan
- A modest exercise program

16 Week Results

After 16 weeks, the patient reported improved energy and said she was having no mid-afternoon slump. She had followed the program with fairly good compliance and had lost a total of 17 lb. Her BMI⁺ had improved, as well as her 2-h post-prandial insulin (Figure 1), triglycerides (Figure 2), blood pressure (Figure 3), and MSQ score (from 47 to 0).

Conclusion

This case study suggests that a focused nutrient-based program—such as nutritional support with UltraGlycemX medical food, fish oil supplement, a low-glycemic-index diet, and moderate exercise—can result in decreased symptoms and normalized laboratory and clinical parameters in some patients with Metabolic Syndrome.

RESULTS

UltraGlycemX™

NUTRITIONAL SUPPORT FOR DYSGLYCEMIA

Figure 1

The patient's 2-h postprandial insulin (reference range: 18-56 μ IU/mL) was reduced from 68.9 μ IU/mL to 22.8 μ IU/mL over a 16-week period.

This result suggests improved glucose/insulin homeostasis.

68% Reduction in 2-h Postprandial Insulin

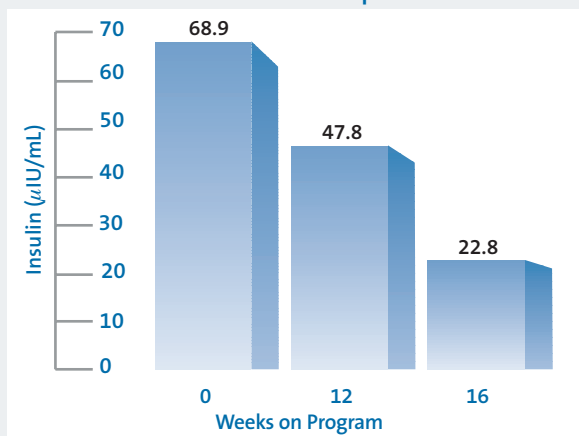


Figure 2

Within 16 weeks, the patient's triglycerides (reference range: 10-175 mg/dL) were reduced from 273 mg/dL to 147 mg/dL.

This result suggests better insulin control.

46% Reduction in Triglycerides

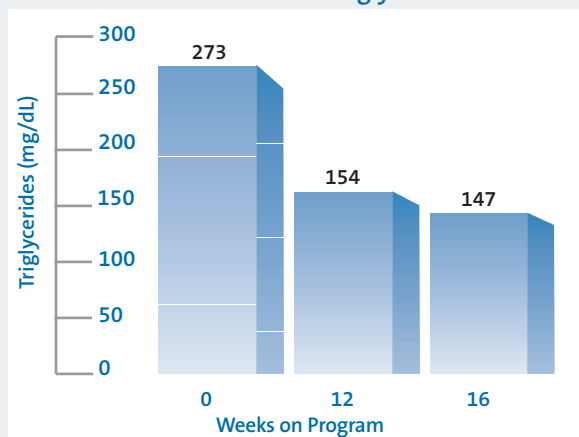
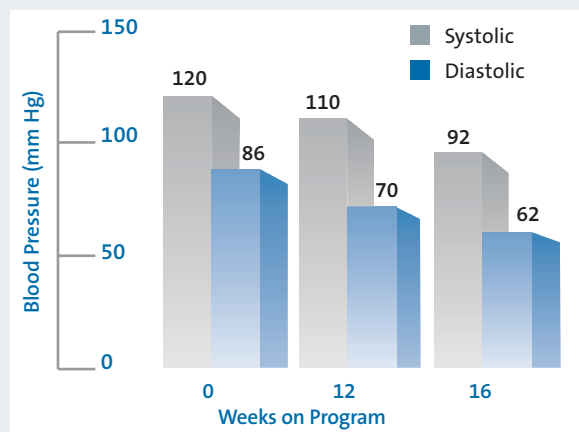


Figure 3

The patient's blood pressure was reduced from 120/86 to 92/62 over 16 weeks.

Elevated insulin is associated with increased blood pressure. This result suggests improved insulin control.

Decrease in Blood Pressure



*The Medical Symptoms Questionnaire® (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

†BMI is the Body Mass Index and can be computed by the weight (kg) divided by the square of the height (m).

Note: The information provided in this Case Study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. UltraGlycemX Medical Food is to be used under the supervision of a physician or other licensed healthcare practitioner.

Nutritional Support Using UltraGlycemX™ Medical Food in a Patient with Metabolic Syndrome. Metagenics, Inc; 0011R703